

Health, Beauty And The Home

Starting Spring Cleaning

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

HOUSECLEANING is that annual period when the housewife delights to see that everything has a thorough overhauling and is "put to rights" before the advent of warm weather. Naturally, the kitchen, the workshop of the home, has special interest. Also, since winter has kept the room more closed, with extra dirt from stove and range and with the cooking of heavier foods, the kitchen needs attention more than, perhaps, other rooms.

The first step in cleaning the kitchen depends on what kind of floor and wall covering the room has. If any redecorating is contemplated, the most satisfactory choice for a wall lies between painted walls and those covered with washable wallpaper. The latter may easily be applied over any painted wall. It can be kept clean by merely rubbing with a damp cloth.

Another plan is to run a wainscoting of tile or plaster up two-thirds the depth of the wall and then finish the remaining wall surface and ceiling in one continuous tone. This makes a room look very large and airy.

Any one who has visited some of the dingy, dirty-brown or billow-green kitchens in some homes need not wonder why it is so difficult to hold servants in such a place. Since the worker spends about 80 per cent of her time in the kitchen it is certainly only fair to select a scheme of decoration that will make the kitchen as agreeable as possible a place to work in. A kitchen should be painted neither in too dark a tone nor in one too vivid. Good colors are light tan or buff, light apple-green, a warm light blue and a warm gray. There are shades of blue and gray that are cold, and these make the room chilly, especially if it be a north room. The more northerly the exposure, the warmer the tint that should be used.

If it is possible have light woodwork, and very little of it. Dark woodwork makes the room heavy and formal. Light paint may be used over any old dark woodwork. Two coats of paint, one plain and one enamel, should be sufficient. The enamel finish is hard and makes it easier to keep the paint clean. Pure, dead white in a kitchen makes a great deal of work, but light gray, tan, etc., are bright, and also easy to keep clean. One of the prettiest kitchens I know has woodwork painted buff and the walls light green.

Many women make a great deal of work by having each shelf covered with some kind of paper. This becomes soiled and needs frequent changing. A better plan is to paint all shelves with two coats of paint and leave them without any other covering. A damp rag will suffice to clean them when necessary.

The shelves where food supplies are kept should be no wider than the depth of the article which is to rest on them. Much work is caused by having shelves so deep that articles have to stand behind one another and are thus difficult to get. Often a set of shelves may be put up close to a sink. Then it is an easy matter to lay the dishes on the open shelves as soon as they are wiped. This saves many steps and carrying heavy trays of dishes. Such shelves should be painted and with a top coat of enamel.

When rearranging the kitchen the housekeeper should ask herself: "Could any tool or utensil be hung up or placed to better advantage?" The rule to bear in mind is to place each utensil near the place where it is used and not in some distant pantry where steps are required to reach it when wanted. A dozen or two of cup hooks will help. These may be screwed in, about three inches apart, near the stove or sink or table, and small beaters, etc., as well as saucepans and skillets hung on them. Offer a better arrangement makes it possible to shut up the old pantry and have all work done in the kitchen.

One feature often neglected in kitchens is proper ventilation. If there is a regular flue one may insert a flue ventilator. This is a kind of revolving fan, which takes up odors as it carries off the heated air.

Another plan is to insert in the wall a regular radiator, such as comes from a hot air furnace. This is an oblong box, about six inches deep. It can be inserted in the wall near the ceiling by any plumber at a cost of about \$1. If kept open it will assist in removing the heated and bad smelling air. The time to place such ventilators is in the Spring, so as to ensure a cooler kitchen in warm weather.

At this season it is well to give the pantry and all the food storage places a thorough overhauling. Every dry cereal, all supplies of cornmeal, etc., should be used up before Summer or they will become spoiled and subject to the growth of weevils and other health-destroying insects. Raisins, dry prunes, lemon peel, etc., should also be used up, or, if that is impossible, placed in clean glass jars with tops. Excellent containers of glass have metal tops which slide shut, thus keeping out insects and moisture. By all means, use up the contents of all paper bags before Summer comes.

Many utensils may have become coated with grease after the heavy season's use. If they are of iron or steel they may be placed for a moment in the furnace or stove pit and burned clean, always being careful not to place a soldered joint in such heat. If they are of aluminum they may be put in a bath of boiling water and oxalic crystals for a couple of hours, then removed and polished with silver polish.



"First rub a pure cold cream into the face to remove the coarser dust and grime."

Photograph Posed by MISS ARLINE CHASE at CAMPBELL STUDIO.

Enamel ware should never be treated to boiling water and washing soda, as is done so commonly, for this eats away the material, thus making it more likely to crack and expose the base metal.

In considering renovating, the subject of kitchen curtains may come up. Sometimes curtains are made which blow in and out of the windows. They catch the dust and often they may blow into food in

process of preparation. All kitchen curtains should be fastened on small rods, both top and bottom, and never left blowing loose. Instead of white, choose green or blue.

The Care of the Skin

By Lina Cavallieri,

The Most Famous Living Beauty.

WE all know that a woman's beauty, or lack of it, is judged most frequently by the condition of her skin. If it is smooth, clear-white, with the delicate rosy flush of health mantling her cheeks, then it is decreed that the first requisite of a beautiful woman is hers.

This means that the skin's fine texture, which is the natural heritage of every woman, is unmarred by disfiguring freckles or a crop of unsightly pimples and blotches. It means that there must be no coat of tan to deface the creamy-white tint which is so attractive and desirable, and that no ugly moth patches or kindred discolorations have set their mark of depreciation on a face that would otherwise be a pink and white dream of perfection.

To attain this, I would insist, for a time, upon giving the face three baths every night before retiring. First, rub a quantity of a pure cold cream into it to remove the coarser dust and grime. Wipe this off thoroughly, after it has been on the face a few moments, and then give your face a second bath of tepid water, preferably of water softened with borax or boric acid, and, last, a light coat of cold cream, which may be left on all night.

If the complexion has no obvious defects, then this treatment should restore the skin to its normal delicacy within a few days, when the treatment may be suspended. But if your skin is disfigured by an obstinate coat of brown, and this hue of tan makes you miserable and unhappy, then I would advise this, which I have often used when my skin is in this condition. I have given it the fitting name of "Honey Balm": Orange flower water, 3 ounces; strained honey, 1 ounce; cold cream, 2 ounces; white almonds (pounded to a paste), 1½ ounces.

Another old-fashioned remedy which I have found most excellent for freckles, tan and other discolorations is the following: Sour milk, 1 cupful; horseradish, 1 teaspoonful. Scrape the horseradish into fine shreds and let stand in the sour milk for six hours before using. Then wash the face freely in it several times a day.

Of course, every one knows that fresh buttermilk is one of the most efficacious and yet simple, cleansing, refreshing, tan-and-freckle-removing face baths that can be taken at night before retiring, but for either freckles or liver spots this remedy has been found in many instances curative: Solution of ammonia, 1 ounce; bay rum, 1 ounce; rosewater, 1 ounce; powdered borax, 1 ounce; glycerine, ¼ ounce, and distilled water, 10 drops.

Some faces that are otherwise pretty and smooth are often disfigured by a greasy, oily skin, which no amount of powder can conceal. Such a need is met by this lotion, which is at once cleansing and drying. It should be used as a face bath twice or oftener a day, as desired: Rosewater, 5½ ounces; alcohol, ½ ounce; boric acid, ½ dram.

A clear solution of bicarbonate

of soda, applied with a sponge or a bit of cotton, will sometimes take freckles off like magic, only the treatment will need to be kept up for some time to be effective. And the juice of half a lemon mixed with one ounce of glycerine is as efficacious as it is simple.

One more remedy I must give you. It is one that I have used as an all-around skin softener and face bleach for many years: Rosewater, 3 ounces; glycerine, 1 ounce; tincture of benzoin, ¼ ounce, and citric acid, 10 drops. This I rub on my face and hands every night before retiring, and in the morning my skin is as soft and white as it is possible for mine to be.

If by any chance you suffer from acne or those reddened, inflamed pimples that are so often the sign of serious digestive troubles, then you are justified in taking the most extreme measures to eliminate them.

With a flesh brush dipped in lather made of tincture of green soap, or warm water and castile soap, rub the afflicted part of the face vigorously. If the ugly black specks have not then become loosened it will be necessary to steam them. Fill a bowl with hot water and press the face into the bowl, just avoiding touching the face with the water, and cover the head and bowl with a large, thick towel, so that the steam will not escape. This should be done for from ten to twenty minutes.

When this bath is finished the acne will be so loosened that it will be possible to press the blackheads out bit by bit, using a sterilized needle. Afterward rub on the skin a little cold cream or this ointment, if a still further treatment seems needed: Benzoinated zinc ointment, 1 ounce; salicylic acid, 20 grains; gum camphor, 10 grains.

Wrinkles, too, are another foe of the childlike smoothness of skin that is one of the most desirable states of beauty, but my advice on how to remove them I must reserve for another time, except for one hint: Massage with pure cold cream every night is the best friend I know of for the woman who really wishes to be beautiful.

Standard Since 1864

For more than half a century PISO'S has been the favorite cough preparation. Relieves promptly and effectively: Coughs, colds, and bronchitis. Cures whooping cough and whooping cough. Cures whooping cough and whooping cough. Cures whooping cough and whooping cough.

PISO'S

for Coughs & Colds

Appetizing Menus for the Week

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Oatmeal, Chopped Dates, Poached Eggs, Toast, Coffee. Luncheon Chili, Lettuce Salad, Muffins, Apple Sauce, Tea. Dinner Bean Soup, Boiled Beef, Tomato Sauce, Buttered Carrots, Macaroni, Squash Pie, Coffee.	Breakfast Sliced Bananas, Cereal, Coffee. Luncheon Corn Chowder, Toasted Crackers, Lemon Gelatine, Tea. Dinner Potato and Beef Chartreuse, Scalloped Tomatoes, Jellied Philadelphia Relish, Apple Cake, Coffee.	Breakfast Oranges, Cornmeal Mush, Jam, Coffee. Luncheon Salmon Croquettes, Cream Sauce, Jelly Salad, Tea. Dinner Onion Soup, Boiled Shoulder of Mutton, Stewed Celery, Bouquet Salad, Fruit Tapioca Pudding, Coffee.	Breakfast Stewed Prunes, Cereal, Sausage Balls, Coffee. Luncheon Cream of Spinach Soup with Spinach Timbales, Baked Apples, Tea. Dinner Mutton Rechauffe, Mashed Potato Cakes, Endive Salad, Caramel Custards, Coffee.	Breakfast Fruit, Broiled Salt Mackerel, Muffins, Coffee. Luncheon Spinach and Cheese Souffle, Cup Cakes, Tea. Dinner Noodle Soup, Mock Pineapple Stew (Fish with Tomato), Lettuce Salad, Fruit Jelly, Coffee.	Breakfast Steamed Figs, Cereal, Coffee. Luncheon Tripe with Mushrooms in Casserole, Stewed Fruit, Tea. Dinner Cream of Turnip Soup, Roast Chicken, Boiled Rice, Buttered Onions, Cranberry Sherbet, Coffee.	Breakfast Grapefruit, Oatmeal, Jam, Coffee. Luncheon Chicken Soup, Cannelloni of Beef, Sweet Potatoes, Stewed Corn, Tomato Salad, Creamy Rice Pudding with Raisins, Coffee. Supper Cheese Toast, Sliced Pineapple, Tea.

Sunday American-Examiner Patterns

A PRETTY FROCK FOR THE "LITTLE ONE." (2755). The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. Size 4 will require 3½ yards of 27-inch material.

A PLEASANT MODEL. (2724). The pattern is cut in 7 sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. Size 38 requires 2½ yards of 26-inch material.

A STYLISH SKIRT. (2734). The pattern is cut in 7 sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. Size 24 will require 4½ yards of 36-inch material.

SOMETHING NEW IN A CORSET COVER. (2768). The pattern is cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. Size 38 requires 3¾ yards of 36-inch material. The sleeve protectors require ¾ yard.

A POPULAR STYLE. (2741). The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. Size 10 will require 4½ yards of 36-inch material.

To obtain any one of these desirable patterns fill in the accompanying coupon and mail with 10 cents in silver or stamps for EACH PATTERN (each number represents one (1) pattern) to

SUNDAY PATTERNS,
P. O. BOX NO. 260,
CITY HALL STATION,
NEW YORK, N. Y.

Send 10 cents in silver or stamps for our UP-TO-DATE SPRING AND SUMMER 1919 CATALOGUE

IMPORTANT—Be sure to fill in name, address and size.
SUNDAY AMERICAN-EXAMINER PATTERNS.
10c EACH.

No. 2755..Years No. 2768..Size
No. 2724..Bust No. 2725..Years
No. 2734..Waist No. 2766..Size
No. 2741..Years

Name ..
Street & Number ..
City & State ..



Copyright, 1919, by Star Company.

Great Britain Rights Reserved.



Freeman's
FACE POWDER.

A boon to beauty of skin is Freeman's powder with 40 years record of sale to the most fashionable women of the land. Does not rub off. All tints at all toilet counters, and guaranteed absolutely satisfactory or money refunded. 50 cents (double quantity) or send 4 cents for miniature box.

The Freeman
Perfume Co.
Dept. 98
Cincinnati, O.

La-may Face Powder Is Harmless to the Most Delicate Skin

Now you can use a pure face powder that is guaranteed not to injure the most delicate baby skin. It will not cause enlarged pores, blackheads and irritations. And it really stays on better than any other face powder. It does not contain white lead or starch or rice powder (Poudre de Riz) to make it stick. White lead poisons the skin and rice powder turns into a gluey paste that encourages enlarged pores, blackheads and rice powder pimples. The specialist who makes this improved powder uses a medicinal ingredient that doctors use to heal the skin. In fact, this new powder helps to prevent and reduce enlarged pores and pimples. It is also astringent, discouraging flabbiness, crow's feet and wrinkles. Because it is pure and because it stays on so,

well this La-may powder (Poudre L'Amé) is now used by over a million American women. The large size is only fifty cents and the trial size is twenty-five cents. Remember, La-may is guaranteed absolutely pure. Five thousand dollars reward is offered any chemist who finds it contains any white lead or rice powder. Refuse substitutes. Your common sense will tell you that when you are offered a substitute it is sure to be a demonstrator trying to sell an inferior powder that pays a big commission. When you use this absolutely pure La-may and see how splendidly it beautifies your complexion, you will understand why it so quickly became the most popular beauty-powder sold in New York. Study this notice. La-may is pure and because it stays on so,

Beauty Questions Answered

CAN you recommend something with which I can shampoo my hair? I do not like to use soap because that is so drying and takes out all the natural oil.—D. D. O.

For a cleansing and soothing scalp wash I know of nothing better than this: Steep a pound of rosemary twigs in boiling water. Let them remain in the water for twelve hours. Strain the liquor and add to it a half ounce of Jamaica rum.

Is there any way of ridding my chin of the collection of ugly hairs that mortify me so terribly?—A. M.

Unsightly, bristly-like hairs on the chin can often be removed by massaging the skin around them with cold cream or with olive oil. Then sterilize a pair of tweezers by holding them in boiling water or dipping them into peroxide of hydrogen and pull out the hairs one by one with short, sharp jerks. Bathe the skin from which they have been removed with some healing lotion or anoint it with cold cream to relieve the irritation.

PLEASE recommend a thoroughly good hair tonic.—MYRTLE.

This, which is my favorite hair tonic, has the approval of the foremost experts in this country: Sulphate of quinine.....30 grains
Tincture of cantharides.....1 ounce
Glycerine.....1 ounce
Powdered borax.....15 grains
Alcohol.....2 pints
Water.....2 pints

Dissolve the quinine in the alcohol and the borax in the water. Add the other ingredients. Allow the mixture to stand for one week and then filter.



To be well groomed and well gowned—to have a graceful step and a ready smile—to be self-possessed and brilliant in conversation—is worthy of the ambition of any woman.

But—why ruin the effect with a complexion that cannot stand the closest glances? Why attract by other charms and repel by a rough or blemished skin? Be fair of complexion—be fair to yourself.

CARMEN
COMPLEXION
POWDER

gives that final touch which counts for so much in winning admiration and praise. Wherever you are, have your complexion above criticism. Carmen will do it—the powder that stays on.

Wash, Rinse, Press, Cream
50c
Everywhere.